

### VIII

Salad - Grate carrots, chop pineapple.  
Min mill together.

### Bran muffins

4 tbs shortening  
 $\frac{1}{2}$  cup sugar  
2 eggs  
2 cups milk  
2 cups bran flakes  
2 cups flour  
3 tsp. B.P.  
1 tbs. salt.

Put all dry ingredients together, mix thoroughly. Beat eggs, add to milk, add to dry mixture. Put liquid in sparingly. Bake in reflector oven.

### French toast

Beat egg, add milk, salt & pepper.  
Dip bread in - fry in hot fat.

### Syrup

Brown & white sugar with more brown.  
1 cup brown  
 $\frac{1}{2}$  cup white  
 $\frac{1}{4}$  cup vinegar  
 $\frac{1}{4}$  cup water  
lump of butter  
salt

Boil together till it forms a soft ball in cold water.



IX. Soup.

- mixed - dilute with water,  
equal amounts.

Soda biscuits.

Warm.

Corn fritters.

Pancake flour

Salt

2 cans corn

Water - to make into thick batter

Fry in fat & cook over slow fire.

Pie crust.

Cup of crumbs

2 tsk. cinnamon

4 tsk. fat

4 egg yolks

1-14 or 1/2 of sweetened cond. milk.

6 tsk. brown sugar

4 egg whites.

Take crumbs & cinnamon & cream & fat &  
mix together. line mixture in pie  
tin. Beat egg yolks till light & fluffy.  
Add milk gradually, add sugar.  
Fold in stiffly beaten egg whites. Pour  
this into crust & bake in reflector  
oven for 25 minutes.

Syrup.

Add 1 cup of brown sugar & 2 cups  
of water, lump of butter & 1/4 c. vinegar.  
Boil until nearly soft ball stage.



## Recipes

IV. B. See "Woodland Cooking", and  
"Day Hiker" on the reference  
shelf.

Klim - 4 tablespoons + 1 cup of water  
mix until all lumps have  
disappeared.

Fruit Rolls -

- Dates, Apricots, Raisins, Figs,  
Nuts. Put through food chopper,  
mix thoroughly, Form into individual  
rolls. Roll in powdered sugar and  
wrap in waxed paper

Angels on Horseback - Wrap small  
cubes of cheese in strips of bacon,  
toast on end of a green stick until  
bacon is brown and crisp. Place  
between two pieces of toast.

Rolled Oats - Proportions - 1 cup cereal  
to 3 cups of boiling salted water.  
Stir, and cook thoroughly being careful  
that it does not burn.

Cocoa Mixture - 1 teaspoonful of cocoa,  
1 tablespoon of Klim, 2 teaspoonful  
of sugar for each cup of water,  
mix to a thin paste in cold water  
and stir into boiling water.

Chocolate Pudding Mixture: 1 tablespoon  
of corn starch, 8 tablespoons of  
Klim, 1 tablespoon of cocoa + 2  
tablespoon of sugar to 4 cups of water



(serve 6). Mix to a thin paste in cold water. Stir into boiling water and boil slowly until it thickens enough to coat the spoon.

Cream Sauce Mixture - 4 table spoons of Krim, 1 tablespoon of flour,  $\frac{1}{4}$  teaspoon of salt to each cup of liquid. Mix in cold water, stir paste into boiling water and add 1 tablespoon of butter.

Twisters -

1 cup of flour, 4 teaspoons of baking powder,  $\frac{1}{2}$  teaspoon of salt, 1 tablespoon of fat mix in enough water to make a thick dough. Wind around a packed green stick ~~and~~ ~~to~~ and bake slowly over coals. Fill hole with jam.



## Campcraft

Mid-day meal.

Fireplace.

Select site - where wind will not blow sparks into woods.

- where flames will not catch overhanging branches.

- no tree roots.

- accessible to water.

Gather stones

1) make stone floor.

2) cement crevices with sand.

3) make wall around fire.

4) soak surrounding ground with water.

5) cement well with sand.

6) 2 Y-shaped sticks, two feet from ground, dead wood.

Log-poles.

7) stick across - balsam, lining, wood won't burn.

8) ground dead wood - down wood - branches from bottom of tree.

9) 3 sizes of wood.

- tiny twigs.

- bigger lengths.

- big wood & logs.

all short lengths.



## Safety regulations.

Open + close knife, with  
blade away + fingers along back.  
Don't whittle on knee, or towards  
body or fingers.

Carry hatchet with hand right  
under hatchet head.

Dull hatchets slip on wood.

Don't leave hatchet or knife on  
ground, or near fire.

Keep in pocket or in a log.

In log, hatchet follows grain.

Use dead or dying trees.

## Food.

## Menus.

Sausages  
Tomatoes + potatoes  
Apricot custard.  
Toast + coffee.

## List of food.

Sausages 2 per person.

Potatoes 1 " "

(Small 3 cans.

Large 1 can.

Birds custard powder.

Milk + sugar + salt + pepper.

Soaked apricots.

Bread + butter.

Coffee.

Soap, dish towels + cloth, matches,  
stove wood.



Soak kettles before use.

## Recipes.

Grassies - fry.

Tomatoes - heat in cans.

Potatoes - peel, cook (boiling salt water)  
add milk + butter + mash.

Coffee - water - little more than 1 cup  
per person.

- 1 tbsp. per person

- salt.

- 3 to 5 minutes.

## Custard.

- 1 pt. liquid

- 4 tbsp. sugar.

- apricots

) 1 package custard.

Cook apricots, min. powder + sugar  
together, stir liquid slowly to  
a thin paste.

Stir mixture into apricots with  
liquid until fairly thick.

Set aside to cool.

Supplies - 5 people.

6 plates + 6 cups.

6 spoons, 6 forks

kettles + frying-pan.

Can - opener.

wooden spoon.



Duties of chief cook.

Delegates all duties

Cook for each dish

Sinks bottles - kibble.

Arranges service

Arranges wood + fire.

Salt + pepper etc. in central place.

Wash dish - water.

Collect + sort + wash + dry dishes.

Check dishes.

Food containers etc. returned.



## Nature lore

### Willow flowers

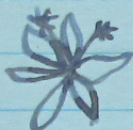
#### White

Bunchberry



Berries - red,  
leaves - 4 to 6.  
flower - 4 petals.  
- 1 to a stem.  
leaf - parallel veined.

Starflower



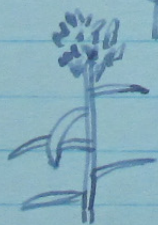
Rarely two-flowered.  
leaves - lance-shaped.  
- 5 to 10 leaves.  
blooms - May + June.

Bold thread



Flowers - May to July  
- on logs, stumps,  
cedar.  
leaves - dark, evergreen.  
root - bright yellow.

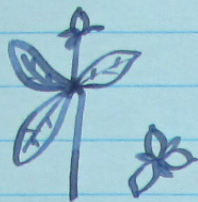
Pearly everlasting



Blooms - July to Sept.  
stem - flowers.  
leaves - white underneath.  
stem - white + woolly.



Trillium.



Leaves - 3

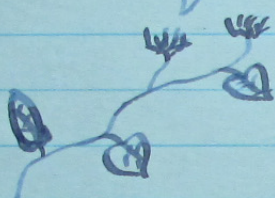
- feather-nerving

Petals - 3.

Fruit - scarlet berry

Blooms - May & June.

Wild Flowering Duckweed.



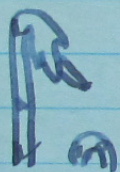
Flowers - July & Sept.

Arrow-shaped leaves.

Feather-nerved.

Vine -

Indian Pipe.



Blooms - July & Aug.

Dark rich woods.

Not a parasite,

but grows on

decaying material.

Blackens when picked.

Meadow Rue.



Blooms - July to Sept.

Wet meadows

Leaf - fern-like.

- sometimes grows  
to 6 feet.





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